

# Specialized Shoulder Wrap

Part Number 235679



## INSTRUCTIONS FOR USE

Please read your device  
user's manual before use.



To reorder call Empi at **800.328.2536**

**Empi StimGel Electrodes** - 199599-001 (pack of four)

Para Español: 360417

Pour le Français: 360416



The **EMPI Active Shoulder Wrap** is part of a system designed to deliver electrical stimulation to the shoulder region and provide symptomatic relief and management of general shoulder pain. The specialized wrap is a light-weight, breathable fabric that wraps around the shoulder/chest and is secured with Velcro™.

## ELECTRODE USE

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You can extend the use of your electrodes by following these suggestions:

- Cleanse, rinse and dry skin prior to use
- Store electrodes as indicated on packaging instructions
- If electrode gel become dry, adding a few drops of water to gel surface (sticky side) may help restore adhesive gel of electrode. Let the electrode rest for several minutes to regain tack before applying to skin.



## WRAP WASHING

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- Hand Wash, 40° C (104° F)
- Gentle Wash, Use a Mild Detergent
- No Conditioner, Do Not Bleach, Do Not Tumble Dry
- Do Not Wring, Do Not Iron, Do Not Dry Clean
- Dry Flat



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1. Buckle long strap at both ends if they don't come packaged this way.

To estimate the strap length for the chest, start by holding the top edge of the larger fabric to the end of treating shoulder (treating shoulder is left shown here) and end of the longer strap folded to opposite shoulder end.

The distance between these two points when stretched should be approximately equal to the distance between the edges of the shoulders.

2. If the longer strap folded is approximately the same length from the edge of each shoulder, then release the front buckle only to proceed with fitting.
3. If the length of the strap is too short or too long, adjust the straps on each end to equal the approximate distance from each end of the shoulders.
4. Unhook the shorter strap to match the same side as the long strap.
5. Lay the wrap flat so that the inside (with conductive metal domes) is facing up. The side with the straps should indicate the shoulder being treated.
6. Remove liner from the GRID side of StimGel Electrodes.
7. Press the GRID side of the StimGel Electrode over the conductive zones on the wrap.

## WARNING:

*The StimGel Electrodes must cover each conductive zone before use.*

8. Remove the remaining liner and SAVE for re-application to StimGel Electrodes in between uses.
9. Firmly apply the lower electrodes to the treating shoulder as shown in the image. The bottom electrodes should be near the end of the shoulder muscle.

## STEP 1.



## STEP 2.



## STEP 3.



## STEP 6.



## STEP 7.



## STEP 9.



10. Guide the wrap upward and press firmly on top of the wrap where both electrodes are in contact with the skin. The white indicator line (see image) on the wrap should be at the top dividing the shoulder muscle (on the side) in half. Reapply if the white line is not lined up appropriately.

**Note: All the electrodes should be in contact with the skin and NOT on top of clothing (tank top, bra strap, etc).**

11. If necessary, adjust the position of the front top flap to so that the electrode is on the front of the shoulder muscle (not over bony areas). Flaps have the ability to be adjusted by moving the position of the Velcro™ along the inside of the wrap. Tank top or bra strap may lay on top of the flap but not the Velcro.
12. Reach under the arm to grab the short strap and loop it through the ring. Pull and Velcro the strap around and underneath the arm comfortably.
13. Reach back to grab the long strap. Pull it across the back under the armpit and then towards the chest. Connect the buckle in front.
14. If the strap is too short or long, release the Velcro attachment on the long strap to adjust the length.
15. Grab the device extension (with the knob) from the top of the wrap and Velcro it down in front where the device will be easily reached.
16. Attach the TENS device by clicking it into the protruding knob (connector). Turn stimulator on; adjust according to device and/or clinician instructions for treatment.
17. When stimulation session is complete, turn stimulator off.

STEP 10.



STEP 11.



STEP 12.



STEP 13.



STEP 15.



STEP 16.





## FURTHER ADJUSTMENTS:

### A. Adjusting Electrode Placement

Each conductive zone can be moved and reapplied via Velcro to the wrap to fit the appropriate position.

### B. Trimming for Custom Fitting

Remove the Velcro attachment from the end of the strap. Trim the strap to the desired length and reattach the Velcro piece.

### C. Adding an Extension Strap for Custom Fitting

If a long strap is needed for the chest region, there is an extension strap that can be added for better fitting. Remove the Velcro attachment and slide the long strap end of the buckle.

Insert the long strap through the ring of the extension strap. Re-apply the Velcro piece to the end and hook it to secure the extension strap.

Slide the extension strap Velcro end through the buckle of the extension strap and secure it.

### D. Adding a Cushion for Comfort

The specialized wrap was designed for comfort; however, a cushion accessory may be added to the long strap to provide additional comfort by the chest/armpit region.

After initial set has been done, unbuckle the long strap and slide the strap through loops of the cushion.

Apply the wrap as before and adjust the cushion to reduce pressure on the chest/armpit area.

A.



B.



C1.



C2.



C3.



D.



## STORAGE:

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- Gently remove wrap. The StimGel Electrodes will lift off skin and stay attached to the wrap. Electrodes remain on wrap for storage.
- Replace saved liner on electrode. Be sure to place the "ON" side against the StimGel Electrode surface.
- Fold wrap up and store in package until next treatment. Re-applying the liners, folding up the wrap and placing in a re-sealable bag will prolong the life of the StimGel Electrodes.



*Empi Active  
shown actual size*

*One touch programming  
makes it one of the simplest  
TENS devices available.*



*Slim design allows for easy  
and discrete use during usual  
daily activities*

In the USA, Federal Law restricts this device to sale by, or on the order of a physician or other practitioner licensed to use the device. For use with a neurostimulator approved for distribution within the United States.

### **INDICATIONS:**

The system is indicated for the symptomatic relief and management of chronic, intractable pain, the adjunctive treatment for post-surgical and post-trauma acute pain, and for the relief of pain associated with arthritis.

### **MAINTENANCE:**

Check the specialized wrap before each use for signs of wear and/or damage. Replace StimGel Electrodes as required. See Electrode Use section for maintenance suggestions. See Wrap Washing section or label on wrap for washing instructions.

### **WARNINGS AND PRECAUTIONS:**

For all relevant hazards, contraindications, warnings, precautions and adverse side effects, refer to the Operators Manual of the electrotherapy device. Using StimGel Electrodes that are too small for your device could result in thermal burns. Wrap should never be used without StimGel Electrodes. The specialized wrap is not intended to be used as shoulder support or for sport activities. The shoulder wrap is intended for single-patient use only. Do not share the wrap with other persons because of the risks of adverse skin reactions and disease transmission.

### **CAUTION:**

Do not apply to broken skin. Should a skin rash or skin burn occur, immediately discontinue use and contact your physician.

### **90 DAY WARRANTY:**

Empi will repair or replace, at its facility, any product found to be defective. This warranty does not apply to any product damaged by misuse, or repaired or altered by anyone other than Empi in Clear Lake, SD.

This warranty is in lieu of any or all other warranties expressed or implied. No person is authorized to bind Empi to any representative of warranty other than those specifically set forth herein.

NOTE: Warranty period begins with the date of purchase from manufacturer.



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Made in Mexico for Empi.

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Caution: Federal law restricts this device to sale by or on the order of a physician.

**Latex Free**

